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Professional Organizations whose members have contributed to the Development of Michigan’s K-8 Grade Level Content Expectations through their work on committees:



PHYSICAL EDUCATION

MOTOR SKILLS AND
MOVEMENT
PATTERNS

CONTENT
KNOWLEDGE

FITNESS AND
PHYSICAL
ACTIVITY

PERSONAL/SOCIAL
BEHAVIORS
AND VALUES



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Physical Education

Michigan’s Physical Education Grade Level Content Expectations in Motor Skills and Movement Patterns are categorized into 9 domains:

- | | |
|------------------------|------------------------------|
| Movement Concepts (MC) | Invasion Games (IG) |
| Motor Skills (MS) | Net/Wall Games (NG) |
| Aquatics (AQ) | Striking/Fielding Games (SG) |
| Outdoor Pursuits (OP) | Rhythmic Activities (RA) |
| Target Games (TG) | |

In the early grades, the expectations in this strand focus heavily on space awareness, effort, and relationship concepts as well as fundamental, non-manipulative, locomotor, and manipulative skills in order to achieve movement competency and proficiency. Students achieve competency when the skills are broken down into components and the tasks are presented from simple to complex in nature. In the upper elementary and middle grades, the fundamental movement skills developed earlier are applied as activity-specific motor skills in a wide variety of settings. Students should focus on proficiency in high school, which will prepare students for lifelong physical activities, building on the motor control, motor skills, and movement patterns already established and refined in earlier grades.



Movement Concepts	Motor Skills and Movement Patterns								
	Movement Concepts								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.MC.00.01 demonstrate selected elements of space awareness movement concepts for location, such as self-space, personal space, and general space in isolated settings.	M.MC.01.01 demonstrate selected elements of space awareness movement concepts for location, such as self-space, personal space, and general space in isolated settings.	M.MC.02.01 demonstrate selected space awareness movement concepts for location, such as self-space, personal space, and general space in isolated settings.	M.MC.03.01 demonstrate all space awareness movement concepts for location, such as self-space, personal space, and general space in isolated settings.	M.MC.04.01 demonstrate all space awareness movement concepts for location, such as self-space, personal space, and general space with mature forms of non-manipulative, locomotor, and selected manipulative skills (roll, underhand throw, overhand throw) in controlled settings.	M.MC.05.01 demonstrate mature form and function of all space awareness movement concepts for location, such as self-space, personal space, and general space with mature forms of non-manipulative, locomotor, and selected manipulative skills (roll, underhand throw, overhand throw) in controlled settings.	M.MC.06.01 demonstrate mature form and function of all space awareness movement concepts with mature forms of non-manipulative, locomotor, and selected manipulative skills (roll, underhand throw, overhead throw) in modified, dynamic settings.	M.MC.07.01 demonstrate mature form and function of all space awareness movement concepts with mature forms of non-manipulative, locomotor, and selected manipulative skills (roll, underhand throw, overhead throw) in modified, dynamic settings.	M.MC.08.01 demonstrate mature form and function of all space awareness movement concepts with mature forms of non-manipulative, locomotor, and selected manipulative skills (roll, underhand throw, overhead throw) in modified, dynamic settings.
M.MC.00.02 demonstrate selected elements of space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise in isolated settings.	M.MC.01.02 demonstrate selected elements of space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise in isolated settings.	M.MC.02.02 demonstrate selected space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise in isolated settings.	M.MC.03.02 demonstrate all space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise in isolated settings.	M.MC.04.02 demonstrate all space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.02 demonstrate mature form and function of all space awareness movement concepts for directions, such as up/down, forward/backward, right/left, and clockwise/counterclockwise with mature forms of selected fundamental motor skills in controlled settings.				
M.MC.00.03 demonstrate selected elements of space awareness movement concepts for levels, such as low, medium, and high in isolated settings.	M.MC.01.03 demonstrate selected elements of space awareness movement concepts for levels, such as low, medium, and high in isolated settings.	M.MC.02.03 demonstrate selected space awareness movement concepts for levels, such as low, medium, and high in isolated settings.	M.MC.03.03 demonstrate all space awareness movement concepts for levels, such as low, medium, and high in isolated settings.	M.MC.04.03 demonstrate all space awareness movement concepts for levels, such as low, medium, and high with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.03 demonstrate mature form and function of all space awareness movement concepts for levels, such as low, medium, and high with mature forms of selected fundamental motor skills in controlled settings.				
M.MC.00.04 demonstrate selected elements of space awareness movement concepts for pathways, such as straight, curved, and zigzag in isolated settings.	M.MC.01.04 demonstrate selected elements of space awareness movement concepts for pathways, such as straight, curved, and zigzag in isolated settings.	M.MC.02.04 demonstrate selected space awareness movement concepts for pathways, such as straight, curved, and zigzag in isolated settings.	M.MC.03.04 demonstrate all space awareness movement concepts for pathways, such as straight, curved, and zigzag in isolated settings.	M.MC.04.04 demonstrate all space awareness movement concepts for pathways, such as straight, curved, and zigzag with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.04 demonstrate mature form and function of all space awareness movement concepts for pathways, such as straight, curved, and zigzag with mature forms of selected fundamental motor skills in controlled settings.				



Motor Skills and Movement Patterns									
Movement Concepts	Movement Concepts - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.MC.00.05 demonstrate selected elements of space awareness movement concepts for extensions, such as large/small and far/near in isolated settings.	M.MC.01.05 demonstrate selected elements of space awareness movement concepts for extensions, such as large/small and far/near in isolated settings.	M.MC.02.05 demonstrate selected space awareness movement concepts for extensions, such as large/small and far/near in isolated settings.	M.MC.03.05 demonstrate all space awareness movement concepts for extensions, such as large/small and far/near in isolated settings.	M.MC.04.05 demonstrate all space awareness movement concepts for extensions, such as large/small and far/near with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.05 demonstrate mature form and function of all space awareness movement concepts for extensions, such as large/small and far/near with mature forms of selected fundamental motor skills in controlled settings.			
	M.MC.00.06 demonstrate selected elements of effort movement concepts for time, such as fast/slow and sudden/sustained in isolated settings.	M.MC.01.06 demonstrate selected elements of effort movement concepts for time, such as fast/slow, and sudden/sustained in isolated settings.	M.MC.02.06 demonstrate selected effort movement concepts for time, such as fast/slow and sudden/sustained in isolated settings.	M.MC.03.06 demonstrate all effort movement concepts for time, such as fast/slow and sudden/sustained in isolated settings.	M.MC.04.06 demonstrate all effort movement concepts for time, such as fast/slow and sudden/sustained with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.06 demonstrate mature form and function of all effort movement concepts for time, such as fast/slow and sudden/sustained with mature forms of fundamental motor skills in controlled settings.			
	M.MC.00.07 demonstrate selected elements of effort movement concepts for force, such as strong and light in isolated settings.	M.MC.01.07 demonstrate selected elements of effort movement concepts for force, such as strong and light in isolated settings.	M.MC.02.07 demonstrate selected effort movement concepts for force, such as strong and light in isolated settings.	M.MC.03.07 demonstrate all effort movement concepts for force, such as strong and light in isolated settings.	M.MC.04.07 demonstrate all effort movement concepts for force, such as strong and light with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.07 demonstrate mature form and function of all effort movement concepts for force, such as strong and light with mature forms of selected fundamental motor skills in controlled settings.			
	M.MC.00.08 demonstrate selected elements of effort movement concepts for flow, such as bound and free in isolated settings.	M.MC.01.08 demonstrate selected elements of effort movement concepts for flow, such as bound and free in isolated settings.	M.MC.02.08 demonstrate selected effort movement concepts for flow, such as bound and free in isolated settings.	M.MC.03.08 demonstrate all effort movement concepts for flow, such as bound and free in isolated settings.	M.MC.04.08 demonstrate all effort movement concepts for flow, such as bound and free with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.08 demonstrate mature form and function of all effort movement concepts for flow, such as bound and free with mature forms of selected fundamental motor skills in controlled settings.			
M.MC.00.09 demonstrate selected elements of relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical in isolated settings.	M.MC.01.09 demonstrate selected elements of relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical in isolated settings.	M.MC.02.09 demonstrate selected relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical in isolated settings.	M.MC.03.09 demonstrate all relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical in isolated settings.	M.MC.04.09 demonstrate all relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.09 demonstrate mature form and function of all relationship movement concepts of body parts, such as round, narrow, wide, twisted, symmetrical, and nonsymmetrical with mature forms of selected fundamental motor skills in controlled settings.				



Motor Skills and Movement Patterns									
Movement Concepts	Movement Concepts - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.MC.00.10 demonstrate selected elements of relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside in isolated settings.	M.MC.01.10 demonstrate selected elements of relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside in isolated settings.	M.MC.02.10 demonstrate selected relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside in isolated settings.	M.MC.03.10 demonstrate all relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside in isolated settings.	M.MC.04.10 demonstrate all relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.10 demonstrate mature form and function of all relationship movement concepts of objects and/or people, such as over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside with mature forms of selected fundamental motor skills in controlled settings.			
	M.MC.00.11 demonstrate selected elements of relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups in isolated settings.	M.MC.01.11 demonstrate selected elements of relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups in isolated settings.	M.MC.02.11 demonstrate selected relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups in isolated settings.	M.MC.03.11 demonstrate all relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups in isolated settings.	M.MC.04.11 demonstrate all relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups with mature forms of selected fundamental motor skills in controlled settings.	M.MC.05.11 demonstrate mature form and function of all relationship movement concepts with people, such as leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups with mature forms of selected fundamental motor skills in controlled settings.			
Motor Skills	Motor Skills								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.MS.00.01 demonstrate selected elements of mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in isolated settings.	M.MS.01.01 demonstrate selected elements of mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in isolated settings.	M.MS.02.01 demonstrate mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in isolated settings.	M.MS.03.01 demonstrate all elements of the mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in isolated settings.	M.MS.04.01 demonstrate all elements of the mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in controlled settings.	M.MS.05.01 demonstrate all elements of the mature form of non-manipulative skills of balancing, bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, and landing in controlled settings.			



Motor Skills	Motor Skills and Movement Patterns								
	Motor Skills - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.MS.00.02 demonstrate selected elements of mature form of locomotor skills of walk, run, jump, slide, gallop, and hop in isolated settings.	M.MS.01.02 demonstrate selected elements of mature form of locomotor skills of walk, run, leap, jump, slide, gallop, hop, skip, flee, and dodge in isolated settings.	M.MS.02.02 demonstrate mature form of locomotor skills of walk, run, leap, jump, slide, gallop, hop, skip, flee, and dodge in isolated settings.	M.MS.03.02 demonstrate all elements of the mature form of locomotor skills of walk, run, leap, jump, slide, gallop, hop, skip, flee, and dodge in isolated settings.	M.MS.04.02 demonstrate all elements of the mature form of locomotor skills of walk, run, leap, jump, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.	M.MS.05.02 demonstrate all elements of the mature form of locomotor skills of walk, run, leap, jump, slide, gallop, hop, skip, flee, and dodge using movement concepts in controlled settings.			
	M.MS.00.03 demonstrate selected elements of manipulative skills of roll, two-hand catch, and underhand throw in isolated settings.	M.MS.01.03 demonstrate selected elements of the manipulative skills of roll, underhand throw, and overhand throw in isolated settings.	M.MS.02.03 demonstrate the manipulative skills of roll, underhand throw, and overhand throw in isolated settings.	M.MS.03.03 demonstrate all elements of the mature form of the manipulative skills of roll, underhand throw, and overhand throw in isolated settings.	M.MS.04.03 demonstrate elements of the mature form of the manipulative skills of roll, underhand throw, and overhand throw in controlled settings.	M.MS.05.03 demonstrate all elements of the mature form of the manipulative skills of roll, underhand throw, and overhand throw using selected movement concepts in controlled settings.			
		M.MS.01.04 demonstrate selected elements of the manipulative skills of catch and kick in isolated settings.	M.MS.02.04 demonstrate selected elements of the mature form of the manipulative skills of catch, kick, hand dribble, foot dribble, and strike in isolated settings.	M.MS.03.04 demonstrate selected elements of the mature form of manipulative skills of catch, kick, hand dribble, foot dribble, and strike in isolated settings.	M.MS.04.04 demonstrate elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and an implement in isolated settings.	M.MS.05.04 demonstrate all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and an implement in isolated settings.	M.MS.06.04 demonstrate elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and an implement in controlled settings.	M.MS.07.04 demonstrate all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and an implement in controlled settings.	M.MS.08.04 apply all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and an implement in controlled settings.
					M.MS.04.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, and overhead pass in isolated settings.	M.MS.05.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in isolated settings.	M.MS.06.05 demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in isolated settings.	M.MS.07.05 demonstrate all elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in isolated settings.	M.MS.08.05 demonstrate elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, overhead pass, and punt in controlled settings.
					M.MS.04.06 perform a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) in isolated settings.	M.MS.05.06 perform a three-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) with flow in controlled settings.	M.MS.06.06 perform a four-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) in controlled settings.	M.MS.07.06 perform a four-element movement sequence (e.g., rhythmic, aerobic, or tumbling activities) with flow in controlled settings.	M.MS.08.06 perform a five-element movement sequence (e.g., rhythmic, aerobic, or tumbling activities) with flow in controlled settings.



Aquatics	Motor Skills and Movement Patterns								
	*Aquatics								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.AQ.00.01 demonstrate selected elements of basic aquatic skills of front float and back float with flotation and instructor support in isolation.	M.AQ.01.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with flotation support in isolation.	M.AQ.02.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with support in isolation.	M.AQ.03.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery in isolation.	M.AQ.04.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery in isolation.	M.AQ.05.01 demonstrate all elements of mature form for the basic aquatic skills of front float, back float, and recovery in isolation.	M.AQ.06.01 demonstrate selected elements of mature form for the basic aquatic skills of front crawl and backstroke in controlled settings.	M.AQ.07.01 demonstrate elements of mature form for the basic aquatic skills of front crawl, backstroke, and breaststroke in controlled settings.	M.AQ.08.01 demonstrate all elements of mature form for the basic aquatic skills of front crawl, backstroke, and breaststroke in controlled settings.
	M.AQ.00.02 demonstrate selected elements of safe water entry and exit with flotation and instructor support in isolation.	M.AQ.01.02 demonstrate selected elements of safe water entry and exit with flotation support in isolation.	M.AQ.02.02 demonstrate selected elements of safe water entry and exit with support in isolation.	M.AQ.03.02 demonstrate selected elements of safe water entry and exit in isolation.	M.AQ.04.02 demonstrate selected elements of safe water entry and exit, independently, by jumping or stepping from the side safely in isolation.	M.AQ.05.02 demonstrate all elements of safe water entry and exit, independently, by jumping or stepping from the side safely in isolation.	M.AQ.06.02 demonstrate selected elements of mature form of safe water entry by jumping into shallow water in controlled settings.	M.AQ.07.02 demonstrate selected elements of mature form of safe water entry by jumping into mid-depth water in controlled settings.	M.AQ.08.02 demonstrate all elements of mature form of safe water entry by jumping into deep water in controlled settings.
		M.AQ.01.03 demonstrate a combination of arms and legs to locomote in the water with flotation support in isolation.	M.AQ.02.03 demonstrate a combination of arms and legs to locomote in the water with support in isolation.	M.AQ.03.03 demonstrate locomotion using a combination of arms and alternating kicking motion with face in the water in isolation.	M.AQ.04.03 demonstrate above water arm recovery and rudimentary kick with face in the water, breathing to the side to swim 15 feet in the water in isolation.	M.AQ.05.03 demonstrate above water arm recovery and continuous kick with face in the water, breathing consistently to the side to swim 15 yards in the water in isolation.			
			M.AQ.03.04 demonstrate locomotion, in a supine position, using alternative propulsive arm action with hand moving downward and alternating kick in the water in isolation.	M.AQ.04.04 demonstrate locomotion, in a supine position, using above water arm recovery, with arms entering at or above shoulder level with continuous kick 15 feet in the water in isolation.	M.AQ.05.04 demonstrate locomotion, in a supine position, using rudimentary body roll, above water arm recovery, arms enter at or above shoulder level with continuous kick 15 yards in the water in isolation.				
	M.AQ.01.05 demonstrate capacity to put on a life jacket with teacher guidance in isolation.	M.AQ.02.05 demonstrate capacity to put on a life jacket with peer assistance in isolation.	M.AQ.03.05 demonstrate capacity to put on a life jacket in isolation.						

*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.



Aquatics	Motor Skills and Movement Patterns								
	*Aquatics - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
			M.AQ.02.06 demonstrate capacity to move in the water while wearing a life jacket with assistance.	M.AQ.03.06 demonstrate capacity to move in the water while wearing a life jacket.	M.AQ.04.06 demonstrate capacity to jump or step from the side while wearing a life jacket and locomote to a position of safety in isolation.	M.AQ.05.06 demonstrate capacity to jump or step from the side while wearing a life jacket, demonstrate HELP and Huddle positions for one minute, and locomote to a position of safety.			
						M.AQ.06.07 demonstrate selected elements of how to assist a distressed swimmer in isolated settings.	M.AQ.07.07 demonstrate selected elements of how to assist a distressed swimmer in controlled settings.	M.AQ.08.07 demonstrate all elements of how to assist a distressed swimmer in controlled settings.	
						M.AQ.06.08 demonstrate selected elements of how to get help and how to assist a choking victim in isolated settings.	M.AQ.07.08 demonstrate selected elements of how to get help and how to assist a choking victim in controlled settings.	M.AQ.08.08 demonstrate all elements of how to get help and how to assist a choking victim in controlled settings.	

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Outdoor Pursuits	Outdoor Pursuits								
	K	1	2	3	4	5	6	7	8
	Students will...								
		M.OP.01.01 demonstrate selected elements of land and/or water-based outdoor pursuits in isolated settings.	M.OP.02.01 demonstrate selected elements of water-based outdoor pursuits in isolated settings.	M.OP.03.01 demonstrate selected elements of water-based outdoor pursuits in isolated settings.					
			M.OP.02.02 demonstrate selected elements of mature form in hiking/walking motor skills in land-based outdoor pursuits in isolated settings.	M.OP.03.02 demonstrate selected elements of mature form of balance in land-based outdoor pursuits.	M.OP.04.02 demonstrate selected elements of mature form in balancing, turning, throwing, pushing, pulling, manipulation, or appropriate motor skills and/or accessories related to land-based outdoor pursuits in isolated settings.	M.OP.05.02 demonstrate selected elements of mature form in balancing, turning, swinging, pushing, pulling, throwing, manipulation, or appropriate motor skills when using equipment and/or accessories related to land or water-based outdoor pursuits in isolated settings.	M.OP.06.02 demonstrate select elements of mature form in balancing, turning, swinging, pushing, pulling, throwing, manipulation, or appropriate motor skills when using equipment and/or accessories related to selected land or water-based outdoor pursuits in controlled settings.	M.OP.07.02 demonstrate elements of mature form in balancing, turning, swinging, pushing, pulling, throwing, manipulation, or appropriate motor skills when using equipment and/or accessories related to selected land or water-based outdoor pursuits in controlled settings.	M.OP.08.02 demonstrate all elements of mature form in balancing, turning, swinging, pushing, pulling, throwing, manipulation, or appropriate motor skills when using equipment and/or accessories related to selected outdoor pursuits in controlled settings.



Outdoor Pursuits	Motor Skills and Movement Patterns								
	Outdoor Pursuits - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
				M.OP.03.03 demonstrate selected elements when using equipment and/or accessories related to land-based outdoor pursuits in isolated settings.	M.OP.04.03 demonstrate ability to select clothing and/or equipment appropriate to selected outdoor pursuits and outdoor conditions in isolated settings.	M.OP.05.03 demonstrate selected elements of ability to select clothing and/or equipment appropriate to selected outdoor pursuits and outdoor conditions in controlled settings.	M.OP.06.03 demonstrate ability to select clothing and/or equipment appropriate to outdoor pursuits and outdoor conditions in controlled settings.	M.OP.07.03 demonstrate ability to select clothing and/or equipment appropriate to outdoor pursuits and outdoor conditions with external feedback in controlled settings.	M.OP.08.03 demonstrate ability to select clothing and/or equipment appropriate to selected outdoor pursuits and outdoor conditions in controlled settings.
							M.OP.06.04 demonstrate ability to safely manipulate or use equipment and/or accessories related to selected outdoor pursuits in controlled settings.	M.OP.07.04 demonstrate ability to safely manipulate or use equipment and/or accessories related to selected outdoor pursuits in controlled settings.	M.OP.08.04 demonstrate ability to safely manipulate or use equipment and/or accessories related to selected outdoor pursuits in controlled settings.
								M.OP.07.05 demonstrate ability to make minor repairs on equipment and/or accessories related to selected outdoor pursuits in controlled settings.	M.OP.08.05 demonstrate ability to make appropriate repairs and/or adjustments on equipment and/or accessories related to selected outdoor pursuits in controlled settings.

Target Games	Target Games								
	K	1	2	3	4	5	6	7	8
	Students will...								
					M.TG.04.01 demonstrate use of selected tactical problems, such as accuracy in distance and direction during modified, unopposed target games.	M.TG.05.01 demonstrate selected use of tactical problems, such as accuracy in distance and direction during modified, unopposed target games.	M.TG.06.01 demonstrate selected elements of mature form of tactical problems, such as accuracy in distance and direction (e.g., reducing number of shots/strokes, implement selection, set up routine/starting position, etc.) during modified, unopposed target games.	M.TG.07.01 demonstrate use of mature form of tactical skills, such as accuracy in distance and direction (e.g., reducing number of shots, implement selection, set up routine) during modified, unopposed target games.	M.TG.08.01 demonstrate all elements of tactical problems, such as accuracy in distance and direction (e.g., reducing number of shots/strokes, implement selection, set up routine/starting position) during 1 vs. 1, opposed target games.



Target Games	Motor Skills and Movement Patterns								
	Target Games - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
								M.TG.07.02 demonstrate use of selected tactical problems of accuracy in trajectory (e.g., shot execution/placement modifying flight pattern, spin) during modified, 1 vs. 1, unopposed target games.	M.TG.08.02 demonstrate elements of selected tactical problems of accuracy in trajectory (e.g., shot execution/placement modifying flight pattern, spin) during 1 vs. 1, unopposed target games.

Invasion Games	Invasion Games								
	K	1	2	3	4	5	6	7	8
	Students will...								
					M.IG.04.01 demonstrate use of selected tactical problems for both on-the-ball and off-the-ball movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 2 vs. 2).	M.IG.05.01 demonstrate selected use of tactical problems for both on-the-ball and off-the-ball movements for maintaining possession (e.g., passing, receiving), penetration/attack (e.g., shooting, moving with the object), and starting/restarting play (e.g., kick-off, throw-ins) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	M.IG.06.01 demonstrate selected elements of tactical problems, including off-the-ball movements (e.g., maintaining possession, attacking goal, creating space), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	M.IG.07.01 demonstrate use of tactical problems, including off-the-ball movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 4 vs. 4).	M.IG.08.01 demonstrate all elements of tactical problems, including off-the-ball movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 4 vs. 4).



Motor Skills and Movement Patterns									
Invasion Games	Invasion Games - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
							M.IG.06.02 demonstrate selected elements of tactical problems, including on-the-ball movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).	M.IG.07.02 demonstrate elements of tactical problems, including on-the-ball movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 4 vs. 4).	M.IG.08.02 demonstrate all elements of tactical problems, including on-the-ball movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 4 vs. 4).
Net/Wall Games	Net/Wall Games								
	K	1	2	3	4	5	6	7	8
	Students will...								
					M.NG.04.01 demonstrate use of selected tactical problems, such as maintaining a rally, setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.	M.NG.05.01 demonstrate selected use of tactical problems, such as maintaining a rally, setting up an attack (e.g., opening up to teammates), and defending space (e.g., returning to base) during modified, cooperative net/wall games.	M.NG.06.01 demonstrate selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	M.NG.07.01 demonstrate selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	M.NG.08.01 demonstrate selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., small-sided games, such as 2 vs. 2 to 3 vs. 3).



Motor Skills and Movement Patterns									
Net/Wall Games	Net/Wall Games - Continued								
	K	1	2	3	4	5	6	7	8
	Students will...								
							M.NG.06.02 demonstrate selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	M.NG.07.02 demonstrate elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	M.NG.08.02 demonstrate all elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., small-sided games, such as 2 vs. 2 to 3 vs. 3).
Striking/Fielding Games	Striking/Fielding Games								
	K	1	2	3	4	5	6	7	8
	Students will...								
					M.SG.04.01 demonstrate use of selected tactical problems, such as on-the-object problems of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object without a catcher, 4 vs. 4, etc.).	M.SG.05.01 demonstrate selected use of tactical problems, such as on-the-object problems of infield base positions and off-the-object problems of defending space and defending bases during modified striking/fielding games (e.g., strike a stationary object, stationary object, 5 vs. 5, etc.).	M.SG.06.01 demonstrate selected use of infield tactical problems, including scoring and staying in (e.g., getting on base, moving the runner, advancing to the next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., strike a stationary/moving object, 5 vs. 5, etc.).	M.SG.07.01 demonstrate elements of selected infield and outfield tactical problems, including scoring and staying in (e.g., getting on base, moving the runner, advancing to next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases on throw from outfield positions, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., 6 vs. 6, outfielders with shortstop and second base person, focus on runner at second).	M.SG.08.01 demonstrate all elements of infield and outfield tactical problems, including scoring and staying in (e.g., getting on base, moving the runner, advancing to next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., 8 vs. 8, 4 outfielders and 4 infielders focus on runner advancing to third).



Rhythmic Activities	Motor Skills and Movement Patterns								
	Rhythmic Activities								
	K	1	2	3	4	5	6	7	8
	Students will...								
	M.RA.00.01 demonstrate basic even and uneven rhythmic patterns.	M.RA.01.01 demonstrate a movement pattern (locomotor and axial) to even and uneven rhythms.	M.RA.02.01 choose locomotor and axial movements to use in demonstrating a movement pattern to even and uneven rhythms.	M.RA.03.01 choose locomotor and axial movements to use in demonstrating a movement pattern to even and uneven rhythms in repetition.	M.RA.04.01 demonstrate the reversal of rhythmic locomotor patterns and change of direction.	M.RA.05.01 demonstrate complex rhythmic patterns traveling along a specified pathway (e.g., circle, zigzag, straight line).	M.RA.06.01 demonstrate two rhythms, simultaneously, in two different parts of the body.	M.RA.07.01 create rhythmic movement patterns with pathways with a partner to different musical rhythms.	M.RA.08.01 demonstrate rhythmic movement patterns with pathways using different qualities of movement (e.g., free/bound, strong/light, sustained/quick, etc.).

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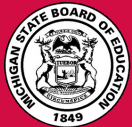
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